

# Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

## Health Promotion is Newsworthy . . .

Health Promotion is everybody's business.

### Public Health in the 21<sup>st</sup> Century

Although disease outbreaks and epidemics drawing worldwide attention emphasize the importance and acute need for public health professionals, the world faces a longer-term challenge -- a public health workforce that is truly effective in the 21st century. In a new article, experts address critical challenges to public health, from workforce development, capacity building, partnership and collaborations, and changes and needs in workforce composition.



## Pre-diabetes and Diabetes News . . .

### National Diabetes Education Program Releases Guiding Principles for Diabetes Care

A newly published set of 10 guiding principles highlights areas of agreement for diabetes care that could be clinically useful in diabetes management and prevention. Presented by the National Diabetes Education Program (NDEP), Guiding Principles for the Care of People With or at Risk for Diabetes <http://ndep.nih.gov/hcp-businesses-and-schools/guiding-principles/> is aimed at assisting with identification and management of the disease, self-management support for patients, physical activity and blood glucose control, among other topics. More than a dozen federal agencies and professional organizations support the document. Diabetes has placed a health care and financial burden on Americans. More than 29 million Americans have diabetes and another 86 million -- over one in three adults -- have prediabetes. Diabetes costs the country \$245 billion annually, estimates the American Diabetes Association. NDEP is a partnership between the NIH and the Centers for Disease Control and Prevention. The NDEP works with more than 200 partners and offers materials and resources to the public, people diagnosed with diabetes, health care professionals and business professionals. To view or download NDEP resources, visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

### Diabetes Self-Management Education and Training Among Privately Insured Persons with Newly Diagnosed Diabetes — United States, 2011–2012

Rui Li, PhD, Sundar S. Shrestha, PhD, Ruth Lipman, PhD, et al. *MMWR Morb Mortal Wkly Rep* 2014;63:1045–9

### Study Finds No Added Benefit from Routine Heart Scans for Diabetics

11/18/2014 *Medline Plus* Proper management of disease is best way to reduce heart attack risk, researchers say.

### Health News: How one physician is helping stop diabetes among her patients

A family practice physician participating in a diabetes prevention screening pilot is seeing how standardization in treatment can help patients stop the progress of prediabetes. Learn what she is doing—and how you can start making similar changes in your practice. [Read more at AMA Wire®.](#)

## What's new about



## Better Choices, Better Health

Put Life Back in Your Life

Most of us will experience two or more chronic long-term illnesses during our lives. The Better Choices Better Health workshop begins by providing class participants an overview of the self-management concept. Health is soundness of body and mind, and a healthy life is one that seeks that soundness. Therefore, a healthy way to live with a chronic illness is to work at overcoming the physical, mental, and emotional problems caused by the condition. Chronic disease causes, symptoms, and responses are addressed. An overview of good self-management techniques includes skills needed to deal with the illness, skills needed to continue a normal life, and skills needed to deal with emotions. Participants are reminded that they are not to blame, to connect with other people and avoid going through it alone, that they are more than their disease, and that the illness may actually be an opportunity. Learn more at <http://idph.state.ia.us/betterchoicesbetterhealth/Default.aspx>. Refer your patients with chronic diseases.



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## Million Hearts® Initiative Update

**How can you, as a health care provider or a member of a primary care practice support Million Hearts?** Preventing one million heart attacks and strokes by 2017 requires work and a commitment to change from all of us. There are steps each of us—and our organizations—can take to reach this shared goal. **Find out how you can be one in a Million Hearts® and make a positive difference in your family, community, and nation.**



## The latest on the ABCS ...

### Aspirin Use

#### **Long-Term Use of Aspirin Plus Blood Thinner Is Safe**

11/17/2014 Benefits of combination outweigh potential risks, experts say.

### A1c

#### **Study: Brown fat sucks up excess glucose in the blood**

The Washington Post (11/11, Phillip) "To Your Health" blog reports that research published in the Journal of Cell Biology suggests that brown fat "acts as a 'super vacuum' to suck up excess glucose...in the blood by producing large amounts of a substance that transports glucose into the brown fat cells, where it can be burned to produce heat – a process called thermogenesis." The blog adds that the research "helps to connect the dots between years of findings suggesting that better understanding brown tissue can lead to new treatments for obesity and type 2 diabetes."



#### **The Time to Treat (T3) Project Awareness Among Primary Care Providers in Diabetes Care Management**

The Great Lakes Center for Health Innovations, a division of the National Kidney Foundation of Michigan (NKFM), has released a brand new Time to Treat (T3) video program aimed at teaching practitioners how to help their patients respond and comply with proper diabetes care management once they are diagnosed. To learn more about the T3 project and view the video, please visit [www.nkfm.org/t3](http://www.nkfm.org/t3). The Time to Treat project was made possible through support provided by the National Association of Chronic Disease Directors and a grant from Sanofi. Michigan Primary Care Snapshots - Management of Chronic Kidney Disease are five, short videos designed to offer providers quick, pertinent and practical information on the clinical management of CKD. The series is based on the book, Chronic Kidney Disease (CKD): Clinical Practice Recommendations for Primary Care Physicians and Healthcare Providers, 6th Edition, and hosted by the book's editors and authors Drs. Gregory Krol (primary care physician) and Jerry Yee (nephrologist). The video series was developed as a component of a National Association of Chronic Disease Directors' demonstration project with technical assistance and support from the Michigan Department of Community Health's Diabetes and Other Chronic Diseases section. For questions contact Dawn Crane: [craned@michigan.gov](mailto:craned@michigan.gov)

## Blood Pressure Control and Management

#### **Regular Doctor Visits Help Control Blood Pressure, Study Says**

Having health insurance also associated with better readings.

#### **Health News: Better blood pressure, no added burden: One practice's story**

A Chicago-area physician has achieved a 90 percent control rate for his hypertension patients in the past year by working with his medical assistant, nurse and other staff members to execute standardized blood pressure protocols in the practice.

#### **Binge Drinking May Boost Blood Pressure in Young Men**

Study didn't find same effect in young women or teens of either sex.

#### **Health News: Cardiovascular health under the microscope in special JAMA issue**

A special theme issue of *JAMA* released this month during the American Heart Association's Scientific Sessions 2014 takes a close look at cardiovascular health, with studies related to the prevention, diagnosis and treatment of cardiovascular disease. [Read more at AMA Wire®.](#)



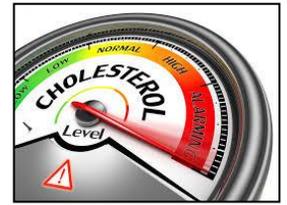
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## Cholesterol Control and Management

### **Using a statin for five years in middle age may reduce heart, death risks for decades**

The [AP](#) (11/20, Marchione) reports that research presented at the American Heart Association meeting suggests that using a statin “for five years in middle age can lower heart and death risks for decades afterward, and the benefits seem to grow over time.” The research, which began in 1989, included approximately 6,600 middle-aged men who had high LDL. Half of the participants were given a placebo and the other half were given pravastatin. Researchers found that “five years later, there were 35 percent fewer heart-related deaths and also fewer heart attacks” among those who had been given pravastatin. The investigators also found that “twenty year after the study began, the risk of heart-related deaths was 27 percent lower among the men who took” pravastatin “for those first five years.”



### **Higher cholesterol efflux capacity may be linked to lower risk of CV disease**

[Forbes](#) (11/18) contributor Larry Husten writes that while previous studies on “drugs that increase HDL levels, including niacin and CETP inhibitors, have not shown benefit,” [research](#) presented at the American Heart Association meeting in Chicago and published in the *New England Journal of Medicine* “suggests that simply increasing HDL levels isn’t the way to go.” Husten writes that “cholesterol efflux, the ability of HDL to remove cholesterol from cells, part of the process called reverse cholesterol transport, appears to be the key.”

## Smoking Cessation



### **Smoking news to make you cringe (Time)**

Take a look at how far we have come with an historical view of the smoking environment over the years.



## Resources for Providers:

### **New Emotional Support Network for Patients**

[Learn more](#) Connect your patients with the **new** American Heart Association/American Stroke Association emotional support network.

### **Recording and slides for 11-18-2014 PQA/JHCS Webinar: Effectively Managing Transitions of Care to Reduce Hospital Readmissions** Please send your questions, comments and feedback to: [cmccloskey@pqaalliance.org](mailto:cmccloskey@pqaalliance.org).

### **Building on Community-Centered Health Homes**

New report, “[Assessing and Promoting Adoption of the Community-Centered Health Home Model](#),” takes an in-depth look at more than a dozen CA clinics and how the community-centered health homes model supports their work.

### **Aspirin and Disease Prevention: A Clinical Perspective** (webinar)

Sponsored by the American College of Preventive Medicine and Partnership for Prevention, in conjunction with the Council on Aspirin for Health and Prevention. Wednesday, December 3rd, 6:00 - 7:00 p.m. (CST.)

### **How to Diet: Best Menu Planning Guide for a Heart-Healthy Diet**

Click here to download [How to Diet: Best Menu Planning Guide for a Heart-Healthy Diet](#) for free. This is an interesting Fact Sheet with a good message and graphics for use with patient education. Source: NutritionAction.com

### **AHRQ Expands TeamSTEPS® (a evidence-based teamwork system) into Primary Care settings**

AHRQ is testing a primary care version of its well-regarded TeamSTEPS program, an evidence-based teamwork system aimed at optimizing patient outcomes by improving communication and teamwork skills among health care professionals. It includes a comprehensive set of ready-to-use materials and a training curriculum to successfully integrate teamwork principles into any health care system. **This is a good tool for use by practices implementing care coordination.**

The [Primary Care version of TeamSTEPS®](#) adapts the core concepts of the TeamSTEPS® program to reflect the environment of primary care office-based teams. The examples, discussions, and exercises are tailored to the primary care environment. The modules may undergo refinement during testing but still serve as a good source for offices that want to apply TeamSTEPS® principles to their practice. You can learn more about the program and obtain all necessary materials, including an instructor’s guide, objectives for training, and tools to help primary care teams think about how to best work together, by visiting the [AHRQ website](#).

**More resources on the next page...**

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## EHR Adoption, Implementation and Meaningful Use

### **Electronic Health Records and Meaningful Use: Achieving Positive Impacts on Workflow and Quality Improvement through Full Implementation of Electronic Health Records**

With the increasing implementation of electronic health records (EHRs) to monitor and track patient populations, practice facilitators will need to have a working knowledge of EHRs to use them effectively. There are many EHR options in the marketplace, and as a practice facilitator, you will need to be familiar with various EHR products and how to extract data from them. However, regardless of which EHR a practice uses, the practice facilitator should immediately determine how hardware and software are supported and by whom. It is important to establish a relationship with the internal IT support person, as they can be key to leveraging the EHR for project needs. Mapping your workflows and conducting a comprehensive workflow analysis will be essential to redesigning them to allow for the integration of EHRs into your practice. Moreover, EHRs can be used in a multitude of ways, including identifying patients whose conditions are not under control or receiving the appropriate preventive services, instituting standing orders for regular practice-approved protocols like immunizations, and generating reports at both the practice or provider level for compliance with meaningful use, regulatory, and accreditation requirements. For more information on collecting performance data with chart audits, see [Module 17 of \*The Practice Facilitation Handbook: Training Modules for New Facilitators and Their Trainers\*](#). You can download a [PDF copy of the entire handbook](#) free of charge at the PCPF Resources page of AHRQ's [PCMH Resource Center](#) ([www.pcmh.ahrq.gov](http://www.pcmh.ahrq.gov)).



## More New Resources for Healthcare Providers

### **NIH Website Offers Interactive Tutorials on Medical Topics for Patients**

Over the past months, we have received inquiries about resources for patients that would educate them about their conditions, recent surgeries or treatment... These tutorials are worth checking out! There are broad topics with tutorials on various subjects:

**Disease Conditions**- Diabetes Introduction, Eye Complications, Meal Planning and Foot Care; Hypertension; Strokes; Heart Attacks; Atrial Fibrillation

**Tests and Diagnostic Procedures**-Coronary Angiography and possible Angioplasty; CT; MRI; and Echocardiogram

**Surgery and Treatment Procedures**-CABG; Heart Valve Replacement; Neurosurgery-What Is It?; Open Heart Surgery-What to Expect; and Stroke Rehab

**Prevention and Wellness**-Exercising for a Healthy Life; Managing Cholesterol; Managing Stress; Smoking-the Facts; Warfarin Introduction for New Users; Weight Management

In addition, there are many other non-Diabetes/Heart Disease and Stroke related topics.

### **Rural-Urban Disparities in Heart Disease: Policy Brief #1**

In 2001, the Centers for Disease Control and Prevention (CDC) published Health, United States, 2001 With Urban and Rural Health Chartbook. The CDC Chartbook was widely used in directing rural health policy and programming and had not been updated since 2001. The Rural Health Reform Policy Research Center updated the 2001 report to examine the current trends and disparities in urban and rural health. Output included aggregate data stratified by geographic region and urbanization level. Findings suggest that rural residents fare worse than their urban counterparts on a number of measures, including rates for smoking, death from chronic obstructive pulmonary disease (COPD), and suicide. Overall, residents of rural areas have less access to physicians and dentists. While the nation's health has generally improved over the past decade, urban/rural disparities in health status and access to care persist across a variety of measures, and have grown for some measures (e.g., COPD).

## The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership



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